



Mountain Medic News

VOLUME 1, ISSUE 4

JUNE 2013

UPCOMING EVENTS

28 June

1. TFRT, 0630, Bldg 704

3 July

1. Payday Activities
2. Fort Carson 4th on the 3rd Celebration, 4 to 10 p.m., Iron Horse park

4 July

1. DONSA

25 July

1. Promotion Board

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MONTHLY ROUNDUP

June has been a busy month for the CSH. June 1st we assumed the Severe Weather Response Force (SWRF) mission. What this means for the CSH is that we have a chance of being activated when a severe weather event happens CONUS and all local and state medical



CPT Fuller and CPT Charles at Change of Command

assets have been exhausted. On the 6th of June A Co/ HHD had a their Change of Command ceremony were they said good bye to CPT Charles as the outgoing commander and welcomed CPT Fuller as the new commander.



SPC Craft and SPC Escalante at the pie in the face.

We had family day during the TENTEX with BBQ and fami-

lies got a chance to view the tents and learn what their family members work space looks like while deployed. During the family day we had a pie in the face fundraiser and \$750.00 was raised towards our MWR fund.



Soldiers litter carry a total of 250 lbs of sandbag around Iron Horse park for PT to close out Iron Horse Week

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Summer Safety

Hoorah summer is finally here! We can shed the layers of clothing used to keep warm and enjoy some fun in the sun. With the warm weather there are some precautions that should be taken into consideration.

Pool Safety-Never leave children alone in or near a swimming pool. Keep a life preserver and a cell or portable phone near a pool at all times. Never consume alcohol while conducting water activities.

Heat Safety- Before any physical activity in the heat, make sure you are hydrated. Children should drink fluids regularly during physical activity. The American Academy of Pediatrics (AAP) suggests every 20 minutes. You should drink even if you're not thirsty to prevent dehydration.

Sun Safety-Apply sunscreen before heading outside and reapply every 2 hours. Sunscreen should be at least SPF

30 and protect against both UVA and UVB rays.

Amusement Park safety- Most amusement parks have first-aid stations, but be prepared by taking your own first-aid items such as bandages and ibuprofen. Take plenty of water if the park allows outside food. Wear comfortable shoes. Some amusement parks do not allow open-toed sandals or sandals that are not secured on the feet (i.e. flip flops) on rides, so call in advance for information.

Better Opportunities for Single Soldiers

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The Better Opportunity for Single Soldiers (BOSS) program identifies well being issues and concerns for single Soldiers by recommending improvements through the chain of command and encourages and assists single Soldiers in identifying and planning for recreational and leisure activities. Additionally, it gives single Soldiers the opportunity to participate in and contribute to their respective communities.

I recently sat down and spoke with SPC Redman (10th CSH BOSS Rep).

What do you like about the BOSS Program?

It gets single soldiers out of the barracks, it's a great way to meet new people, and Soldiers don't have to organize their own group outings.

What is your role as the 10th CSH BOSS Rep?

To attend BOSS meetings and filter information down to company level through the individual reps.

What are some things the CSH is working on to improve the BOSS program?

We are trying to initiate fundraising so that 10th CSH single Soldiers can have activities of their own.

How can Soldiers get involved in the BOSS program?

Contact their unit reps.

A Co	SPC Africano
B Co	PFC Sotelo
438th	SPC Coutts
223rd	PFC Lopez

What are some up coming BOSS events?

30 Jun	Paintball @ Turkey Creek, Pre register
27 Jul	Water World, bus leaves at 0900 Pre register

Monthly continued from page 1

In the upcoming months we have a lot of training coming up, topped with summer, request for leave and the assumption of the SWRF mission;



2nd FST before getting on the bus

stay focus and we will get through this with a lot of good training and fun.

4			5	3	7		9	1
9			1			2		
8	5							4
5		9		8				3
7				2		4		5
	4					7		
1		8	4		9			
	2			5			6	
					3			

Last Month's Sudoku

1	4	8	7	9	5	3	6	2
6	2	7	8	1	3	4	5	9
3	5	9	2	4	6	1	7	8
7	8	1	3	5	9	6	2	4
4	9	3	6	2	8	5	1	7
5	6	2	4	7	1	8	9	3
9	1	4	5	8	2	7	3	6
8	3	5	9	6	7	2	4	1
2	7	6	1	3	4	9	8	5

CHAPLAIN'S CORNER

It should be no secret that a hot topic and very important one in the military right now, is the prevention of sexual assault and sexual harassment. Chaplains and Chaplains Assistants are here to help in dealing with dark issues surrounding sexual harassment and sexual assault. They are a source that Soldiers, family members, and civilians attached to the unit can talk to safely, without recrimination, and judgment. They offer complete confidentiality and are not mandated reporters. Currently the CSH is without a Chaplain, but the Chaplain Assistant SGT Etheridge

is able to assist. He is located in bldg 1130 (headquarters) and can be reached at office # 719-526-0219 or cell # 719-290-1817. If you prefer to speak with a Chaplain, SGT Etheridge can link you up with a Chaplain. The CSH Sexual Harassment / Assault Response & Prevention representatives for the unit are: SFC Brooks, SFC Chatman, and SFC Crowder. The CSH 24 Hour SHARP hotline number is 719-776-0044.

In this fight against sexual harassment and sexual assault in the Military if you see something do something. Do not sit by and allow your brothers and sisters in arms rights be violated. Everyone is encouraged to take a look at the documentary *The Invisible War*. *The Invisible War* is a powerful movie that takes a look at rape in the Military. You can find it on Netflix, and on the 10 CSH portal (in parts); by clicking on special staff, selecting SHARP, and select the video on the right side of the page.